

## **PLANNING, SELECTING, STORING, PREPARING & SERVING FOOD TO MEET NUTRITIONAL NEEDS**

### **Selecting Foods To Meet Nutritional Needs**

**Grade Levels: 9-12**

**Concept:** Eating/Dining Out

**Comprehensive Standard:** 6.3 Demonstrate planning, selecting, storing, preparing and serving of foods to meet nutritional needs of individuals and families across the life span

**Technical Standard(s):** 6.3.2 Select, store, prepare and serve nutritious and aesthetically pleasing foods that meet the health and wellness needs of family members based on available resources

### **LESSON COMPETENCIES**

- ? Identify common nutrition concerns related to eating out
- ? Develop strategies for healthy eating while eating out
- ? Analyze menu items for key nutrients

### **Anticipated Behavioral Outcomes:**

- ? Students follow the Dietary Guidelines when eating out.
- ? Students identify food items on the menu that may be high in calories, fat and sodium and make appropriate substitutes to lower calories, fat and sodium.

### **Resources Needed:**

- Transparency – *Fact or Fiction*
- Copies of the article *Special Issues: Eating Habits: Eating Out*, (see reference list below) for each student
- Copies of handout, *Tips for Eating Out That Don't Cost a Dime*
- Menus from area restaurants

### **References for teachers and students:**

A special issue newsletter, *Special Issues: Eating Habits: Eating Out*, from the Oklahoma State University Cooperative Extension Service is available at [http://fcs.okstate.edu/food/nutrition/issues/eating\\_habits/eating-cont.htm](http://fcs.okstate.edu/food/nutrition/issues/eating_habits/eating-cont.htm)

*Restaurant Portions – Is Bigger Really Better?* – This article discusses supersizing and offers suggestions for consumers when eating out. It is available from the Colorado State University Cooperative Extension Service at [www.ext.colostate.edu/pubs/columncc/cc011009.html](http://www.ext.colostate.edu/pubs/columncc/cc011009.html)

A similar news release from the American Dietetic Association is *Are Growing Portion Sizes Leading to Expanding Waistlines?* can be accessed at [http://www.eatright.org/Public/Media/PublicMedia\\_9322.cfm](http://www.eatright.org/Public/Media/PublicMedia_9322.cfm)

A related article, *Value Marketing is Making Americans Fat*, from the Nutrition Perspectives, March-April, 2001 edition that discusses portion sizes in restaurants and obesity is available at <http://nutrition.ucdavis.edu/perspectives/MarApr01.htm>

*A Diner's Guide to Health and Nutrition Claims on Restaurant Menus* is available at [www.cspinet.org/reports/dinersgu.html](http://www.cspinet.org/reports/dinersgu.html) from the Center for Science for Public Interest.

Another appropriate article is *Eating Well While Eating Out*, found at the TeensHealth website. [www.kidshealth.org](http://www.kidshealth.org) Click on Enter Teens: Click on Food and Nutrition.

*Salad Bars – Are they Low in Calories?* is available from the Nutrition Information Resource Center at Clemson University in the May, 2002 issue of the *Nourishing News* newsletter, a publication of the Nutrition Information Resource Center at Clemson University <http://virtual.clemson.edu/groups/NIRC/teachers/teacher1.htm> Click on Nutrition News; Click on Subscribe to free email newsletter, *Nourishing News* to reach this issue.

The *Seven Ways To Size Up Your Servings* copy master is available from the Dairy Council of the Upper Midwest. In South Dakota, contact the Dairy Council, 619 5<sup>th</sup> Avenue, Brookings, SD 57006. Phone: 605-692-4812

Publication *How Much Are You Eating?* Related to portion and serving sizes is available for downloading at [www.cnpp.usda.gov/Pubs/Brochures](http://www.cnpp.usda.gov/Pubs/Brochures)

Texas Tech University, Iowa State University and University of Wisconsin-Stout (September, 2001). *Assessment Strategies for Family and Consumer Food and Nutrition National Standards*. Funded by the USDA, Cooperative State Research, Education and Extension Service and Higher Education Challenge Grants. Available from The Curriculum Center for Family and Consumer Sciences, Texas Tech University, Box 41161, Lubbock, TX 79409-1161, Phone 806-742-3029. Request Item #4500. Cost is \$20.00 + \$5.00 shipping and handling.

### **Background Information:**

Eating out is no longer a special occasion; it is almost a daily event. Nearly half of all food dollars is spent on food eaten away from home. It represents one third of all calories in the American diet (Center for Science in the Public Interest)

According to a new report from the US Department of Agriculture entitled, “Away-from-Home Foods Increasingly Important to Quality of the American Diet”, the nutrient content of meals eaten away from home is failing to keep pace with the nutritional improvements in home-prepared foods. Compared with home-prepared foods, food prepared outside the home contains more of the nutrients Americans over-consume such as saturated fat, and less of those that they under-consume, such as calcium, fiber and iron (Nutrition Today, May, 1999). Specific findings of the study include:

- ? The frequency of eating out rose by more than 2/3 over the decades of the 80s and 90s.
- ? Fat contributed 32% of calories in home-prepared foods but 38% in foods prepared away-from-home.
- ? The fiber content of away-from-home prepared foods was 25% less than that of home prepared foods.
- ? Calcium content of home-prepared foods was close to the nutritional benchmark but away-from-home foods were 20% below the benchmark. School foods were even higher in calcium than home foods.

- ? Low iron intake is common among teenage girls and young women. For this group, food eaten away from home had an iron density 29% below the benchmark.
- ? Meals served in school cafeterias tended to be lower in total fat and higher in calcium and dietary fiber than other meals.

Where teens choose to eat out affects the food choices available to them. It's a lot easier to follow the Dietary Guidelines when there is a greater selection of menu items with the opportunity to choose variety. If foods can be prepared to order, consumers have more control over the calories, fat, sugars and sodium.

While people are eating out more than ever before, many are concerned about health. Restaurants offer an expanding array of "light", "low fat" or "heart smart" menu items. Since 1997, restaurants that make these types of claims have had to comply with the definitions established by the FDA. They must also provide nutrition information upon request. However, full nutrition information is not required; only information that pertains to the particular claim. In addition, lab analysis is not required. The nutrient levels may be calculated from nutrient data bases or cookbooks (Center for Science in the Public Interest).

## **Learning Activities:**

### **High School Level**

- ? Introduce the topic with a *Fact or Fiction* quiz related to eating out and fast foods. Ask students to identify the statement as fact or fiction related to eating foods at a restaurant. Discuss responses.
- ? Discuss the appropriate serving sizes references using the *Seven Ways To Size Up Your Servings* (see reference list). Ask students to develop rhymes or hints to help them remember each serving size reference. Use food models or actual servings of food for student to visualize the amount of a serving as recommended by the Food Guide Pyramid. Discuss the difference between a portion and a serving:
  - \* Serving – the amount recommended by the Food Guide Pyramid
  - \* Portion – the amount of food you choose to eat at any one time
- ? Ask students to read the article, *Special Issues: Eating Habits: Eating Out*. Ask them to make a list of suggestions for reducing fat, calories, sodium and sugar when ordering at a restaurant using the *Tips for Eating Out That Don't Cost a Dime* handout.
- ? Ask students to complete the Fast Takes Scenario from the Assessment Strategies for Family and Consumer Food and Nutrition National Standards (see reference list).
- ? Using actual menus from local restaurants, ask students to choose menu items that reflect healthy food choices by placing their menu item choices in a blank Food Guide Pyramid. Next, ask them to make a nutritional analysis of the food items using a website, computer software or nutrition text information. Compare their meal to recommended dietary guidelines for calories, fat, sodium, sugar, iron and calcium.

**Extended Learning Activities**

- ? **Serving Size Posters** – Create serving size posters to place around the school to assist students in recognizing what the standard serving for various foods compares to